

༄༅། །ཐུགས་སྐྱབ་བར་ཆད་ཀྱན་སེལ་གྱི་བཀའ་གཏེར་སྤང་མའི་
གཏོར་བལྟོ་བསྐྱུས་པ།

**A Concise Torma Dedication to the Teaching
and Treasure Guardians of the Guru's Heart
Practice, Dispeller of All Obstacles**

Jamyang Khyentse Wangpo



KHYENTSE VISION
PROJECT

This text is intended to be read and practiced by those who have received the requisite Vajrayāna authorizations, transmissions, and instructions. If you are unsure whether you have received the appropriate permissions, please consult a qualified Dharma teacher of the relevant tradition.

thugs sgrub bar chad kun sel gyi bka' gter srung ma'i gtor bsngo bsdus pa

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TRANSLATOR'S INTRODUCTION

This is a very concise tormā offering composed by Jamyang Khyentse Wangpo, addressing the five Tseringma (“long life”) sisters and Dorje Khyungtsunma, protectresses of the *Lamé Tugdrub Barche Kunsel* tormā, rediscovered by the great tertön Chokgyur Dechen Lingpa.

The five Tseringma sisters are guardians who pledged to protect the teachings, and their residence is said to be the five-peaked snow mountain Gaurishankar, on the border of Tibet and Nepal. They include the following:

- (1) Jomo Tashi Tseyi Wangchugma, who holds an arrow and a die and rides a snow lion;
- (2) Tingi Zhalzangma, who holds a divination mirror and rides a wild ass;
- (3) Miyo Langzangma, who holds a tray of wealth and riches and rides a tiger;
- (4) Chöpen Drinzangma, who holds a treasure vase and rides a stag; and
- (5) Talkar Drozangma, who holds a silver ladle of milk and rides a dragon.

Dorje Kharak Khyungtsunma is one of the twelve tenma goddesses, and in that regard she is also considered a protectress.

By offering to these protectresses the practitioner devotedly requests that they protect the life of the teachers of the Dharma and the teachings themselves, and bestow siddhis, both temporary and ultimate.

གཏོར་བལྟ་བལྟས་པ།

A Concise Torma Dedication

Oṃ svasti! [188]

What follows is the brief tormā dedication to the five Tseringma sisters, protectors of the Tugdrub Barche Kunsel teaching of the Chokling Tersar, and Khyungtsunma, the treasure protector.

Cleanse the torma with:

རི་ཡི་ཁོ།

ram yam kham

RAM YAM KHAM

Consecrate it with:

འོ་ལྷ་རྩྱ་རྩྱ་རྩྱ་

om ah hung ho

OM ĀḤ HŪḤ HOḤ

Invite them with:

Light rays radiating from the seed syllable in my heart center invite the protectors of the teachings, the five Tseringma sisters, and the treasure protector, Dorje Khyungtsunma, together with their retinues, secondary retinues, emanations, and re-emanations—VAJRA SAMĀJAH. ॐ

Invoke their sacred oaths with:

OM VAJRA DĀKINĪ ĀYUṢEŚVARĪ HRĪḤ MĀḤ LĀḤ ĀḤ TĀḤ CITTA HRĪḤ HRĪḤ JAḤ ॐ

Make offerings with:

OM VAJRA ARGHAM [PĀDYAM PUṢPE DHŪPE ĀLOKE GANDHE NAIVIDYE] ŚABDA
PRATĪCCHA SVĀHĀ | MAHĀPAÑCA AMṚTA RAKTA MAHĀSUKHA BALIMTA BHUÑJA
HOH ॐ

men tsün ché nga khor dang chepé jak dorjé bugu chen gyi ö kyi tormé chü drang té
sölwar gyur

The five medicine sisters and retinue partake of the torma, [189] consuming its essence with the light of the hollow vajra of their tongues.

OM VAJRADĀKINĪ ĀYUṢEŚVARĪ SAMAYA JAḤ ॥ ĀYUR PUṆYE PUṢṬIM KURU SVĀHĀ ॥
OM JÑĀNA DĀKINĪ MĀM LĀM ĀM TĀM SARVASIDDHI HŪM HŪM ॥ OM VAJRAMATI
HŪM ॥ SAPARIVĀRA IDAM BALIMTA KHA KHA KHĀHI KHĀHI ॥

Saying that three times, offer the tormā.

ཡེ་ཤེས་སྐྱེད་མཛད་ཆོས་སྐུ་ཡུམ་ཆེན་མོ།

yeshé kyé dzé chöku yumchenmo

Great dharmakāya mother who gives birth to primordial wisdom, §

རྒྱལ་ཀུན་དོན་རྩེ་བོ་སྤྲུལ་འབྱོར་མ།

gyal kün dorjé tsünmo naljorma

Yoginī and vajra queen of all victors, §

ལོངས་རྒྱ་རིགས་ལྷའི་ཡུམ་མཆོག་དབྱིངས་ཕྱག་ལྷ།

longku rik ngé yum chok yingchuk nga

Five dhātviśvarīs, exalted consorts of the five saṃbhogakāya buddhas, §

ཐག་འཐུང་དབྱེས་སྡེ་གོ་རྒྱུ་ཤྱ་རྩེར་སྤང་།

tragtung gyé dé krodishorir nang

You appear as the krodhīśvarīs who delight the herukas. §

སྤུལ་སྐུ་བདེ་གཤེགས་དོན་རྩེ་རིན་པོ་ཆེ།

tülku deshek dorjé rinpoché

Performing the nirmāṇakāya dances §

དཔླ་ལས་ཀྱི་མཁའ་འགྲོའི་གར་མཛད་མ།

pema lé kyi khandrö gar dzema

Of the Sugata, Vajra, Ratna, Padma, and Karma ḍākinīs, §

གནས་ཡུལ་དྲུང་ཁོད་ཀྱན་ཏུ་སྤྲོ་ཆོགས་གཟུགས།

neyül durtrö kün tu natsok zuk

You appear in myriad forms in all places, valleys, and charnel grounds, §

གངས་ཅན་སངས་རྒྱས་བསྟན་སྤང་འཁོར་ལོའི་བདག་།

gangchen sangyé tensung khorlō dak

Queens of the maṇḍala of Dharma protectors in the Land of Snow! §

ལྷན་ཅིག་སྐྱེས་མའི་ཡེ་ཤེས་རྣམ་རྩལ་ལས།

lhen chik kyemé yeshé nam röl lé

From the coemergent lady's display of primordial wisdom, §

དངོས་གྲུབ་མཆོག་སྤྲོལ་སྤྲུལ་བཅུན་མཆེད་སྡེ་ལྷ།

ngödrub chok tsöl men tsün ché dé nga

Bestowers of the supreme siddhi, five medicine sisters, §

སྤྱུལ་པ་ཡང་སྤྱུལ་ཉིང་སྤྱུལ་བསམ་མི་བྱབ།

trülpa yangtrül nyingtrül sam mi khyab

You appear with emanations and re-emanations that surpass thought, མཆོག་ [191]

སྤང་སྤིད་རྩྭ་གི་ཀུན་གྱི་འཁོར་ལོས་སྤྱུར།

nangsi daki kün gyi khorlō gyur

Universal rulers of all ḍākinīs of phenomenal appearance! མཆོག་

བསམ་ཡས་སྤྱུ་འཕྲུལ་བྲ་བའི་ཚྭ་སྐྱེས་ལ།

samyé gyutrül drawé tsok nam la

Inconceivable gathering of the web of illusory display, མཆོག་

གུས་པས་བསྟོད་དོ་འདོད་དགའི་དངོས་གྲུབ་སྦྱེལ།

güpe tö do dögü ngödrub tsöl

I devotedly praise you—bestow all desired siddhis! མཆོག་

With that, praise them and enjoin them to activity.

This was condensed from the root treasure text and arranged by Khyentse Wangpo, a servant who delights the Lake-Born Guru. May it bring virtuous goodness!

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GLOSSARY

Chokgyur Dechen Lingpa

མཚོག་གླུ་གླིང་པ། • *mchog gyur gling pa*

Chokgyur Dechen Lingpa (1829–1870) was a great tertön and contemporary of Jamyang Khyentse Wangpo and Jamgön Kongtrul, who also received the Kabab Dun.

Chöpen Drinzangma

ཅོད་པན་མགོན་བཟང་མ། • *cod pan mgrin bzang ma*

The Tseringma sister “Crowned Fair-Necked Lady” holds a treasure vase while riding a stag.

Dorje Kharak Khyungtsunma

རྡོ་རྗེ་ཁ་རག་ལྷུང་བཙུན་མ། • *rdo rje kha rag khyung btsun ma*

Also known as Dorje Palgyi Yum (rdo rje dpal gyi yum), “Revered Garuḍa of Kharak” is one of the twelve tenma goddesses and a protector of the Dharma. She holds a ḍamaru and a mirror while riding on a garuḍa.

five dhātviśvarīs

དབྱིངས་ཕྱག་ལྷ། • *dbyings phyug lnga*

Literally, “Ladies of the Realm.” The five enlightened female deities—Buddhalocanā, Pāṇḍaravāsini, Dhātviśvarī, Māmakī, and Samayatārā—are the consorts of the five saṃbhogakāya buddhas.

five saṃbhogakāya buddhas

ལོངས་སྤྱི་རིགས་ལྷ། • *longs sku rigs lnga*

The enjoyment forms of the five buddha families embodied as Vairocana, Akṣobhya, Ratnasambhava, Amitābha, and Amoghasiddhi.

five Tseringma sisters

ཚོ་རིང་མཚན་ལྷ། • *tshe ring mched lnga*

Literally, “Long-Life Ladies.” The five Tseringma sisters, mountain deities held to be located on the border of Tibet and Nepal, were subjugated by Guru Rinpoche and became protectors of the Dharma. They appear in the songs of Milarepa, requesting tantric teachings from the great Tibetan yogi.

heruka

ཉེ་རུ་ཀ • *he ru ka*

Used as a general term for wrathful deities.

Jomo Tashi Tseyi Wangchugma

ཇོ་མོ་བཀྲ་ཤིས་ཙེ་ཡི་དབང་ཕྱུག་མ། • *jo mo bkra shis tse yi dbang phyug ma*

The Tseringma sister “Auspicious Long-Life Lady” holds an arrow and a die while riding a snow lion.

krodhīśvarī

ཀྲོ་དྲི་ཤུ་རི། • *kro dhI shwa rI* • krodhīśvarī

In the singular, Krodhīśvarī is the consort of Viśuddha Heruka. In the plural, it is a term for “strong-tempered” female deities.

Miyo Langzangma

མི་གཡོ་གླང་བཟང་མ། • *mi g.yo glang bzang ma*

The Tseringma sister “Immovable Noble-Minded Lady” holds a tray of wealth and riches while riding a tiger.

Talkar Drozangma

ཏལ་དཀར་འགྲོ་བཟང་མ། • *tal dkar 'gro bzang ma*

The Tseringma sister “Noble-Acting White Sorceress” holds a silver ladle of milk while riding a dragon.

Tingi Zhalzangma

མཐིང་གི་ཞལ་བཟང་མ། • *mtbing gi zhal bzang ma*

The Tseringma sister “Beautiful Blue-Faced Lady” holds a divination mirror while riding a wild ass.

twelve tenma goddesses

བསྟན་མ་བཅུ་གཉིས། • *bstan ma bcu gnyis*

This set of female protector deities, subjugated by Padmasambhava at Asura Cave in present-day Pharping in Nepal, is accompanied by a hundred thousand female assistants.